

# Resting Rowans



**The Plock, Kyle of Lochalsh**



**11am - 2pm**

Outdoor therapeutic sessions including gentle exercise, an outdoor location and activities such as gardening and cooking together, all led by highly trained leaders. Sessions are arranged with local artists and craftspeople to increase connections to the natural space. If you haven't been before or would like to find out more, get in touch with Kate to find out about the referral / self-referral process. Resting Rowans is every Tuesday and MySelf-Management's Kate will be there running sessions on the following dates:

**TUESDAY 28TH FEBRUARY**

**AND THEN THE  
FIRST TUESDAY OF THE MONTH**



[Kate@myself-management.org](mailto:Kate@myself-management.org)



**07454 950 401**